

POWER UP

Monthly Minder

DECEMBER 2020



SMALL CHANGES, BIG IMPACT

When taking steps to achieve a healthy lifestyle, start small. It can be overwhelming, difficult, and discouraging to change many behaviors at once, especially if you are unsuccessful. Try one change at a time and give yourself time to adjust. Have a new goal every week or every month, and set yourself up for success. Make a single substitution, try a new food, or maybe add a veggie to your meals.

MAKE HEALTHY CHOICES

Choose complex carbohydrates like whole wheat bread, brown rice, popcorn, or sweet potatoes instead of white bread, white rice, chips, and white potatoes.

Vary your protein choices. Aim for plant-based or lean protein, such as chicken, beans, turkey, or eggs.



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Monthly Recipe

Fruit Tarts

Preheat oven to 350 degrees. Slice crust off of whole wheat bread, flatten with rolling pin, and place in oven on baking sheet for 10 minutes. In a small bowl, mix 4 ounces cream cheese, 1.5 Tablespoons skim milk, 2 Tablespoons honey, and 1/4 teaspoon vanilla extract. Spread mixture on bread, top with sliced fruit of your choice.

Activity Corner

Play "Strong, Stretchy, or Speedy"!

List different activities on individual index cards and place in a pile in the center of the group. Each player will grab an index card and announce the activity. All players perform chosen activity for 30 seconds. Have players decide if the activity is strength (strong), flexibility (stretchy), or endurance (speedy).

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